



Est.1957

**FORSTER AQUATIC SWIMMING CLUB.
QUALIFYING CARNIVAL**

YMCA Leisure Centre, Lake Street, Forster.
25m Indoor swimming pool.

Sunday 16th May, 2010.

Warm up 8.30am Meet commences 9.30am

M	F	AGE	DIST	STROKE	M	F	AGE	DIST	STROKE
1	MIX	OPEN	200	I.M	39	40	7/U	25	BREAST
3	MIX	OPEN	100	I.M.	41	42	8/U	50	BREAST
5	6	7/U	25	FREE	43	44	9/10	50	BREAST
7	8	8/U	50	FREE	45	46	11/12	50	BREAST
9	10	9/10	50	FREE	47	48	13/14	50	BREAST
11	12	11/12	50	FREE	49	50	15&O	50	BREAST
13	14	13/14	50	FREE	51	52	12/U	100	FREE
15	16	15&O	50	FREE	53	54	13/O	100	FREE
17	18	12/U	100	BREAST	55	56	7/U	25	FLY
19	20	13/O	100	BREAST	57	58	8/U	50	FLY
21	22	7/U	25	BACK	59	60	9/10	50	FLY
23	24	8/U	50	BACK	61	62	11/12	50	FLY
25	26	9/10	50	BACK	63	64	13/14	50	FLY
27	28	11/12	50	BACK	65	66	15&O	50	FLY
29	30	13/14	50	BACK	67	MIX	OPEN	200	O/CHOICE
31	32	15&O	50	BACK	69	70	12/U	100	BACK
33	MIX	OPEN	200	O/CHOICE	71	72	13/O	100	BACK
35	36	12/U	100	FLY	73	MIX	12/U	4 X 50M	FREE RELAY
37	38	13/O	100	FLY	75	MIX	13/O	4 X 50M	FREE RELAY
		DASH	FOR	CASH					

CONDITIONS OF ENTRY

1. Meet conducted under the rules of Swimming NSW and is a district approved meet.
2. All events are timed finals with medals awarded to 1st, 2nd and 3rd places in individual age groups in dual age events, eg 11/12. Events for example 7/u, 10/u, 15/o medals will NOT be awarded for individual age, only for the event. **NO MEDALS AWARDED FOR O/CHOICE EVENTS. RIBBONS AWARDED FOR RELAY EVENTS.**
3. **JUNIOR DASH FOR CASH (12/U)** The 8 fastest 50 metre boy and girl freestyle swimmers at the meet will be invited to swim for cash prizes of \$50.00 1st, \$25.00 2nd and \$10.00 3rd in a 50m freestyle sprint. **OPEN DASH FOR CASH (13/O)** The 8 fastest 50 metre boy and girl freestyle swimmers at the meet will be invited to swim for cash prizes of \$100.00 1st, \$50.00 2nd and \$25.00 3rd in a 50 metres freestyle sprint. **DASH FOR CASH WILL BE RUN AFTER EVENT 38.** To be eligible to swim this event a competitor must be entered in 4 events for the meet.
3. Age as of 16th May, 2010.
4. The meet director reserves the right to amend the program and conditions of entry.
5. Entries to be submitted on **MULTI ENTRY CARDS** and accompanied by a summary sheet. **NO LATE ENTRIES WILL BE ACCEPTED.**
6. Entry fee \$4.00 per event and Relays \$8.00. Entries close Wednesday 5th May, 2010.
7. Please forward all entries to **THE RACE SECRETARY, Forster Aquatic Swim Club, P O Box 164, Forster 2428.** Cheques made payable to Forster Aquatic Swimming Club. Any enquiries please contact Michelle Clarke on 65548130 or 0403433340.
8. **NORMAL POOL ENTRY TO APPLY.** Programs \$2.00.
9. Visiting clubs will be required to provide time keepers on the day.
10. BBQ will be operating on the day.